

DEKALB COUNTY PRE-EMPLOYMENT AGILITY TEST FOR POLICE OFFICERS

The Physical Agility Test (PAT) is designed to determine one's level of physical fitness. A Police Officer candidate must demonstrate a minimum fitness level prior to being hired. Physical fitness will be measured by participating in five job related exercises.

- 1) 440 Yard Distance Run
- 2) Sit-ups
- 3) Push-ups
- 4) Obstacle Course
- 5) Sit and Reach Flexibility Test

The 440 yard distance run is a timed run which measures the heart and vascular systems capability to transport oxygen. It is an important area for performing police task involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is measured in minutes and seconds.

Sit-ups measure endurance of the abdominal muscles. It is an important area for performing police task that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is the number of bent leg sit-ups performed in one minute.

Push-ups measure the amount of force the upper body can generate. It is an important area for performing police task that may involve the use of force. The score is in the number of correctly performed push-ups in one minute. A correctly performed push-up is defined as the body being straight with one's weight being supported on one's hands and feet. Hands should be just outside the shoulders, fingers straight ahead and feet close together. The body is lowered until the chest barely touches the floor. The head must remain up, body straight, and the buttocks should not be raised nor should the abdomen be allowed to touch the floor. The head must remain up, body straight, and the buttocks should not be raised nor should the abdomen be allowed to sag. The arms must then be fully straightened to lift the body to the starting position to complete one push-up.

The obstacle course involves running through a series of obstacles; crawling through a small opening, dragging a 110 lb. dummy, and scaling a five foot chain link fence (using only hands and /or feet to scale fence, not rolling over fence). It is an important area for police tasks involving endurance, flexibility, strength, and balance. The score is measured in seconds.

The sit and reach flexibility test measures the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves sitting on the floor, knees locked, back of the thighs touching the floor and stretching out (not lunging) to touch the toes or beyond with extended arms. The bottom of one's feet are placed parallel against a flat surface. The score is measured in inches reached on a yard stick with 10" being at the toes.

PERFORMANCE STANDARDS

The actual performance requirement for each exercise is based upon norms. The required performance to pass each exercise is based upon sex and age. While the absolute performance is different across different sex and age categories, the relative level of effort is identical for each sex and age group. Candidates must meet or exceed minimum performance standards on each of the five exercises in order to pass the Physical Agility Test (PAT).

The following table outlines minimum performance standards by sex and age for each of the five exercises.

AGE	20 - 29		30 - 39		40 - & ABOVE	
GENDER	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
EXERCISE						
440 YARD DISTANCE RUN (TIME IN MIN/SEC)	1: 20	1:35	1:28	1:45	1:41	2:01
SIT-UPS (NUMBER PER MINUTE)	24	24	21	21	17	17
PUSH-UPS (NUMBER PER MINUTE)	21	9	18	7	15	5
OBSTACLE COURSE (TIME IN SECONDS)	15:40	18:70	16:94	20:57	19:48	23:66
SIT & REACH (INCHES)	10.5	10.75	10.5	10.75	10.25	10.5

TEST PREPARATION

1. 440 Yard Distance Run- Equal to one lap on a running track. First walk around track then gradually combine walking and running to complete one lap. Finally run around track without stopping.
2. Sit-ups- Do as many bent leg sit-ups (hands across the chest) as possible in one minute. Repeat 3 times. Perform 3 times per week.
3. Push-ups- Determine maximum bench press weight, take 60% of that figure and do 3 sets of 8-10 repetitions. Add 2 ½ to 5 pounds weekly. Or determine the number of correctly performed push-ups you can do in one minute. Repeat 3 times. Perform 3 times per week.
4. Obstacle Course- Performing the practice tests outlined for the other four exercises will develop the strength, stamina, and flexibility necessary to pass the obstacle course.
5. Sit & Reach- Use sit-up routine outlined above. Also perform actual sit and reach exercise: sit on floor with legs straight, extend forward at waist; extend fingertips toward toes; hold position for 10 seconds. Do 5 repetitions 3 times per week.